

# Post COVID-19

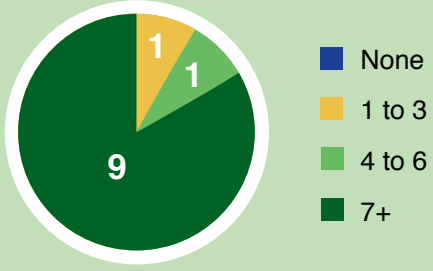
Interdisciplinary Clinical Care Network  
Recovery | Care | Research | Education



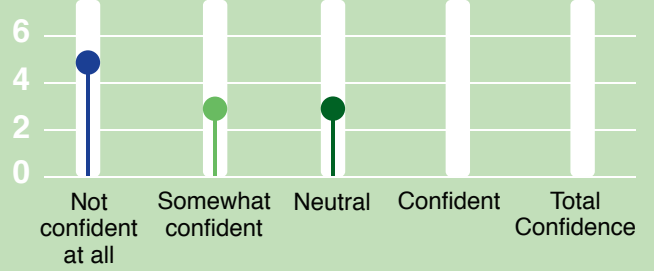
## COVID-19 RECOVERY: Experiences with the Family Practitioner

We held a focus group with patient partners to hear about the experience of their COVID-19 recovery journey with their family doctor. This is what we learned:

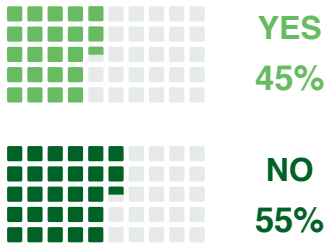
How many times have you seen your family doctor following your COVID-19 illness? (N=11)



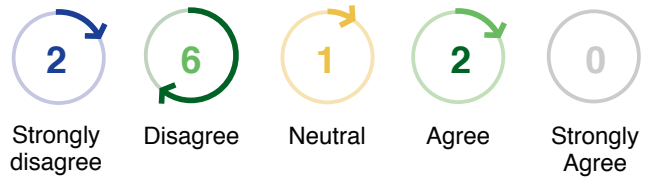
How confident are you in your family doctor's ability to care for you following COVID-19? (N=11)



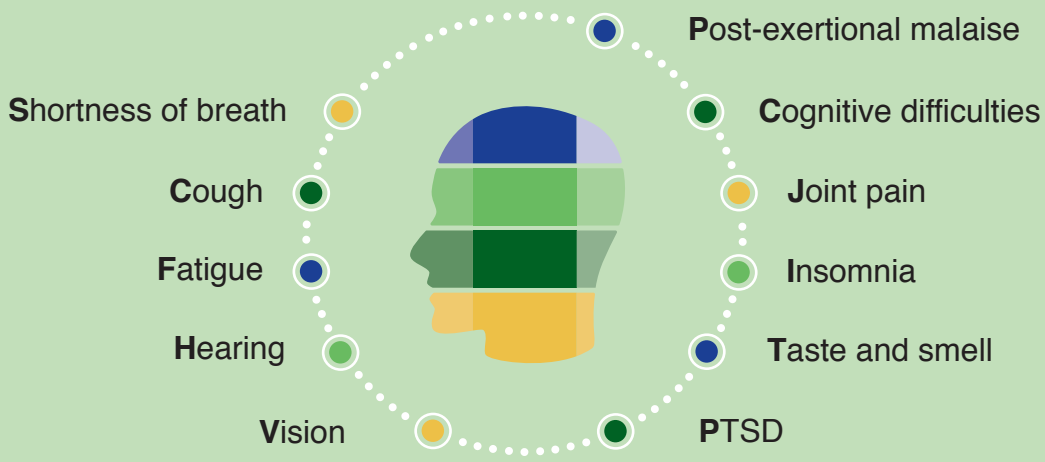
Have you been to a Post-COVID-19 Recovery Clinic? (N=11)



Was your family doctor able to provide you with the support you needed? (N=11)



What has been your most bothersome symptoms that have continued for longer than 3 months in COVID-19 Recovery?



What was the most helpful thing your family doctor did for you?

- Believed and listened to patient
- Provided referrals
- Helped with paper work (i.e. insurance)

What gaps exist in your family doctor's knowledge about COVID-19 recovery?

- Follow-up and continued support
- Facilitate more connections to other providers
- More support with the psychological aspects of COVID-19

What has been the most challenging part of this experience?

- The lack of knowledge about post-COVID-19
- Uncertainties around recovery time
- Feelings of stigma, isolation, and lack of support
- Timely access to services
- Financial burden
- Lack of public education